



## WELLNESS WEEKLY

APRIL 21, 2014

### APRIL IS...

- ◆ Stress Awareness Month
- ◆ National Testicular Cancer and Esophageal Awareness Month
- ◆ Alcohol Awareness Month

#### ATTENTION:

**Wellness AMBASSADORS,  
Wellness CHAMPIONS &  
City EMPLOYEES.**

**Would you like to host an  
EVENT at YOUR AGENCY or  
worksite location?**

**For information contact the  
Wellness office at**

**Wellness  
@baltimorecity.gov or via  
phone at: 410 396-3872**

**ALL WELLNESS EVENTS ARE  
FREE & OPEN TO ALL CITY  
EMPLOYEES.**

#### What is a CSA?

Community Supported Agriculture (CSA) is a pre-paid box of fruits and vegetables from a local farm. In the Homegrown Baltimore Employee Wellness CSA FarmShare program, produce will be delivered directly to your office. Join the Homegrown Baltimore Employee Wellness CSA Farmshare! Contact Joanna Winkler at [Joanna.winkler@baltimorecity.gov](mailto:Joanna.winkler@baltimorecity.gov) to find out how to sign up.



### This Week's Events:

Event	Date	Location	Time
Feel Fine in Five: Stress Reduction (sponsored by Aetna)	Apr. 23	Department of Human Resources 201 E. Baltimore St. 1st Fl., Montebello Suite Baltimore, MD 21202 <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.
Baltimore Bike Rides (weekly) (sponsored by Baltimore City Recreation & Parks)	Apr. 25-Oct. 31	War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 <b>Registration Preferred:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.

### Coming Soon:

Event	Date	Location	Time
Zumba (sponsored by Care-First)	Apr. 30	Department of Human Resources 201 E. Baltimore St. 15th Fl., Chicago Room Baltimore, MD 21202 <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.
Introduction to Mindful Meditation (sponsored by Kaiser Permanente)	May 1	Department of Human Resources 201 E. Baltimore Street 5th Floor, Room 5A (across from Benefits Division) <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.
Managing Allergies (sponsored by Kaiser Permanente)	May 7	Department of Human Resources 201 E. Baltimore Street 5th Floor, Room 5A (across from Benefits Division) <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.

**Attend a wellness event in the month of April and your name will be automatically entered into a drawing for a free fitness giveaway!**

**(Winners do not have to be present at the time of drawing to win)**

### Does Daily Stress Affect Mental Health?

Those who properly manage daily stress lead happier and healthier lives. Managing stress takes practice.

**Use the following methods to help manage everyday stress:**

- ⇒ **Determine whether stress is internal or external.** If you constantly dwell on the negative and worry about things beyond your control, this is internal (self-generated) stress. Recognizing the type of stress you have may help you control it.
- ⇒ **Engage your senses for immediate stress relief.** Using sight, sound, scent, taste, and touch can decrease stress levels. While some may relax with music, others may find the scent of a candle helps them unwind.
- ⇒ **Stress relief takes practice.** If one management technique does not work for you, try something else.
- ⇒ **Is stress keeping you awake at night?** If so, using a white-noise machine may be beneficial and help you conquer stressful tasks the following day.
- ⇒ **Maintain a network of friends who you can talk to about your stress.** Surrounding yourself with positive friends can decrease anxiety and increase optimism during stressful events.

This information provided by WellAdvantage is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.

**ATTENTION!!!! The Wellness Program has gone Social! Social Media that is...**

Connect with us on FACEBOOK at :

<https://www.facebook.com/#!/pages/City-of-Baltimore-Wellness/42881130583328?fref=ts>

OR

On the WEB at : <http://humanresources.baltimorecity.gov/Wellness>